

Yola Casciato Earnheart



September 22, 1913 - August 22, 2009

Yola's Meatballs and Sauce

Meatballs

- 1 ½ lbs. ground beef
- 1 c. bread crumbs (1 slice or more)
- 1 tbs. chopped onion
- 1 clove garlic (chopped fine or garlic pressed)
- 1 tsp. parsley (chopped)
- 1 egg beaten
- 1 tsp. salt
- ¼ tsp. pepper
- ½ tsp parmesan cheese

Mix all together and shape into meat balls.
In large skillet and oil about ¼ inch deep.
Heat oil and fry meat ball until well done.

Sauce

- 2 cans Hunts Tomato Sauce
- 1 large can tomato paste without sugar
- 1 small can whole tomatoes
(add a little water if too thick)
- Add grease from the skillet
- Add other spices if needed
(Bay Leaf or Italian Seasoning)

Yola's Oil & Vinegar Salad Dressing

- ½ c. oil
- 2/3 c. vinegar
- 3 tbs. ketchup
- 1 tsp. olive oil
- ½ to tbs. salt
- 1/8 tsp. pepper
- Minced garlic to taste (usually 2 to 3 cloves)
- Pinch of sugar

Mix well & pour desired amount over salad.
Will keep for weeks in refrigerator.